

May

Pullman Senior Citizens Association

325 SE Paradise Street, Pullman, WA 99163 ~ 509-338-

Mark Your Calendars

Birthday PartyMay 05
The Ole Time FiddlersMay 08
PSCA Potluck & MeetingMay 09
AARP Driver's Safety..... May 9 & 10
WSU Connor Museum & Rec.Center.May 10
Lawn Bowling Meeting.....May 10
Palouse FallsMay 11
Red Hat DayMay 11
CinderellaMay 13
Mother's Day.....May 14
Blood PressureMay 15
Moscow ShoppingMay 16
Dental ScreeningMay 17
COA Mtg. & Chore ServiceMay 18
PSC Breakfast ClubMay 18
Rosalia Seniors Visit.....May 19
Kitchen BandMay 19
BingoMay 19
Lend a HandMay 20
Memorial AppreciationMay 22
Steve Gone to Conference May 23-26
Office CLOSED.....May 23-29
Cribbage Day.....May 26
Memorial Day Holiday - CLOSEDMay 29
COA Meal.....May 30
Kiss Me Kate.....June 4

A note from Steve



Now is the time to get signed up for summer trips!

Please join your PSCA Board and myself on Monday, May 22, as we honor those members who are no longer with us.

I will be gone to our state senior conference from May 23-26 and the office will be closed. The parking under City Hall will be closed May 11, 12, 13 and you will need to park along the street.

Thanks, Steve

"In Memory Of..."

Monday, May 22

12:30pm

A Memorial Appreciation

Our special recognition of our members whom we have lost in the past year.

Refreshments will be served afterwards.

Advance Care Planning

Learn how to put your "final" wishes in writing and complete your advance directives. Certified facilitators from Friends of Hospice will guide your through this process. Call 509-332-4414 to pre-register or sign-up through Parks & Recreation. No charge, but donations are accepted

Location: Pullman Senior Center
Thursday, May 4 from 9:00am to noon

May Menu

(Note: Menus subject to change without notice!)

- May 01 Sub-sandwich w/lettuce & tomato, cabbage salad, melon bowl, apple butter cookies
- May 05 Roast turkey w/gravy, mashed potatoes, peas, fruit, Birthday dessert
- May 08 Meatloaf, roasted red potatoes, peas & carrots, cottage cheese & pineapple
- May 12 Oven baked chicken, rice, steamed vegetables, apple sauce
- May 15 Fiesta taco salad, w/chips, cheese, olives, tomatoes, salsa, sour cream, sliced peaches, dessert
- May 19 Homemade pizza, green salad, bread stick, fruit, ice cream sundae
- May 22 Salmon fillet w/dill sauce, rice, tomato & cucumber salad, tropical fruit, cookie bar
- May 26 Corn chowder, toasted chicken sandwich, green salad, fruit, Lentil brownie
- May 30 Mexican Lentil casserole, tortilla chips, green salad, fruit, popsicle

Sponsored by the Council on Aging

Lunch Costs: 60 yrs and older—Suggested cost is \$4.25
Under 60 yrs—meal charge is \$6.50

Sponsored By: Regency Pullman

Birthday Party

“Win a Free Day Trip”

Fri., May 5 ~ after COA Meal:

Special Thanks to:
Regency Pullman for

May Birthdays

Celebrate with us on May 5th!

Jacques Adam	May 02	Marjorie Grunewald	May 15
Jackie Sue Wilkins	May 02	Robert Prater	May 16
Vivian Hudson	May 04	Geraldine Bidle	May 17
Esther Yost	May 04	Ruth Loucks	May 18
Peggy Chevalier	May 07	Robert Ackerman	May 21
Betty Lindsay	May 07	Steve Bell	May 21
Florence Broderick	May 10	Bill Paul	May 22
Candace Lawson	May 10	Greta Stueckle	May 24
Annabelle Syms	May 10	Josephine Mark	May 25
Myrtle Fulfs	May 11	Velma Sayles	May 25
Ardis Hauser	May 11	Jodi Lee	May 27
Mary Pluhta	May 12	Carolyn Adam	May 29

Birthstone— **Emerald**
signifies wisdom, growth,
and patience.

Flower— **Lily of the Valley**
symbolizes purity and refined
beauty.

April Birthdays



April 2017 birthdays
photo by Jeré Strang

March Birthdays



March 2017 birthdays
photo by Jeré Strang

May Meetings

PSCA Potluck Tue, May 09 at 12:15pm
PSCA Membership Meeting..... Tue, May 09 at 1:00pm
Red Hats..... Thu, May 11 at 10:30am
COA Meeting Thu, May 18 at 3:30pm
Chore Service Meeting..... Thu, May 18 at 4:30pm

Easter Hat Contest



2017 Easter bonnet contestants

Our largest turnout for many years with 14 participants.

Most Colorful-Imani Kemp

The Craziest-Jere' Strang

Most Original-Annabelle Symms

Most Unique-Lorraine Bell



**Friday, May 19, at
12:30**

Join us at the **Senior Center** after lunch for a fun-filled **FREE** afternoon playing Bingo. Bishop Place will be our event sponsor and providing our prizes each month. **We appreciate their support!**

AARP DRIVER'S SAFETY CLASS

May 9 & 10

9:00am-1:00pm

Refresh your driving
skills and **SAVE MONEY**

Call Dennis Griner at

509-878-1420

AARP Member - \$15

Non-Member-\$20

Welcome our New Members:

Wally Hattan

Bo & Emmy Umbright

Kay Christensen

Dianne Newman

Leon McNally



SPECIAL NOTES

- Registration for summer trips begin **April 26** and one can sign up at the Senior Center (509-338-3307), at the Parks & Recreation Office (509-338-3227), or online at: PullmanParksandRec.com
- **We need to be notified!** If you change your address or are temporarily out of town, please let the Senior Center know. We are charged for all returned newsletters. Thank you.

May Trips & Activities

Conner Museum Tour/WSU Rec. Center

Come and view the largest public collection of birds and mammals in the Pacific Northwest right here on the WSU campus. This museum houses over 700 mounts of birds and mammals! We will then head to the WSU Recreation Center for a facility tour, and learn all the different activities they have for students and for the community. On this local trip, we will have lunch first, at Zoe's restaurant. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal cost not included. Register by: May 8

Location: Pullman, WA Min 8/Max 18
W May 10 11:30am-2:30pm
Resident: \$6/N-Resident: \$8

Palouse Falls

A sight to behold, this unique 200 ft falls that is virtually out in the middle of nowhere. Bring your camera for your pictures of this beautiful falls and surrounding area. We will stop in Colfax, for breakfast at the Top Notch Café. Snacks and refreshments will also be served in the park. Home pickup begins 1-hr prior to departure. Fee includes: snacks, escort, and transportation. Meal cost is not included. Register by: May 5

Location: Washtucna, WA Min 8/Max 18
Th May 11 8:30am-5:30pm
Resident: \$16/N-Resident: \$18

Best of Broadway: Cinderella

A lush, award winning production of Rodgers & Hammerstein's musical, featuring an incredible orchestra, jaw-dropping transformations, and all the moments you love; plus some surprising new twists. Don't miss this hilarious and romantic Broadway experience for anyone who's ever had a dream or a wish. Lunch before the show will be at The Davenport Towers, Safari restaurant. Home pick-up begins 1-hr prior to scheduled departure. Fee includes: admission, escort, and transportation. Meal cost not included. Register by: May 1

Location: Spokane, WA Min 8/Max 18
Sa May 13 10:00am-6:00pm
Resident: \$69/N-Resident: \$71
No refunds after May 1, as tickets are pre-purchased.

"In Memory Of" - A Memorial Appreciation

This is our annual special recognition event for those members whom we have lost during the past year. All of these senior citizens have touched our lives and have become our friends. Families of those whom we have lost are welcome to attend. Please join us afterwards for refreshments provided by the Pullman Senior Citizens Association.

Location: Pullman Senior Center, City Hall
M May 22 12:30-2:00pm

Spokane Civic Theatre: Kiss Me Kate

You don't want to miss this exciting production of mistaken identity, gangsters, and a colorful cast of characters that all add up to a hilarious musical comedy! We will be having lunch first, at Azteca Mexican Restaurant. This play will be held at the Spokane Civic Theatre. Home pickup begins 1-hr prior to departure. Fee includes: admission, escort, and transportation. Meal cost is not included. Register by: May 19

Location: Spokane, WA Min 8/Max 18
Su Jun 4 9:30am-6:00pm
Resident: \$39/N-Resident: \$41

Register by calling 509-338-3307 or 509-338-3227

Sign up for our newest exercise class! We are offering two sessions this Summer:

Yoga for Seniors

This class will develop the essence of Yoga with deep breathing, listening to what our body tells us, letting go of expectations, and accepting our bodies where they are today. The goal will be to exercise gently, without injury, and emphasize a life-long healthy habit. You will work on strengthening your muscles of posture and develop increased flexibility of your limbs. Each individual will work at their own pace, based on their health condition. **Recommended equipment: yoga mat, small blanket, and pillow.**

Instructor: Wiley Hollingsworth, Certified Senior Yoga Instructor

Location: Senior Center Min 6/Max 16

TuTh Jun 1-Aug 1 10:00-11:00am

TuTh Aug 3- Sep 28 10:00-11:00am

Shopping in Moscow

Tuesday, May 16

Palouse Mall

Leave City Hall at 10:00am

Home pick-ups begin at 9:00am

Shop at: Winco, Ross, Old Navy, etc.

Lunch is on your own

Sign-up in the Senior office

PSC Breakfast Club

Thursday, May 18

Waffles N'More

In Lewiston

Leave City Hall at 9:30am

Home pick-ups begin at 8:30am

Sign-up online or in the Senior office

Lawn Bowling

Meet on Wed., 10:00am, May 10th

Spring St. Park, next to Reaney Park

Join others who like to get some fresh air and exercise. This game dates back to 5000B.C. and has survived many civilizations. Anyone can learn how to throw the balls and learn the rules of this game. If we get enough interest and players, we hope to start a Senior league.

For more information, please contact Steve Bell at 338-3307 or Dave Armstrong at 334-5351

Lend-A-Hand Day

Saturday, May 20

9:00am—1:00pm

Pullman City Employees will be “lending a hand” to local seniors. This workday is to help them with their yardwork and sprucing up around the house. Call Kristina at 332-9627, or Steve at 509-338-3307, if you need some help.

First come, first serve basis.

PULLMAN SENIOR CENTER
325 S.E. Paradise Street
PULLMAN, WA 99163

NONPROFIT ORG.
US POSTAGE
PAID
PERMIT NO. 36
PULLMAN, WA

RETURN SERVICE REQUESTED



PULLMAN SENIOR CENTER INFORMATION

SENIOR ASSOCIATION

Co-Presidents

JoAnn Ailor
Marlene Stephens

Co-Vice Presidents

Pat Hudak
Annabelle Syms

Treasurer

Mary Cole

Secretary

Jere' Strang

Board Members

Betty Millham
Helen Peru
Peter Haug
Jolie Haug
Carroll Hughes
DJ Warner

Past President

Sharon Sharp

Senior Program Coordinator

Steve Bell at 509-338-3307 (has voicemail)

Email: steve.bell@pullman-wa.gov

Location & Mailing Address:

325 SE Paradise, City Hall, Pullman, WA 99163

Lunch Pick Up and Shopping

Call DJ Warner at 509-332-1933 from 9:00-10:00am to sign up.

Senior Center Van Driver

Rick Stephens, Cell: 509-595-3879

Pullman Senior Citizens Association & Senior Center

For information about the Pullman Senior Citizens Association, the Senior Center, the newsletter, programs, trips or other senior services, please call (509) 338-3307. Membership dues are just \$15/single and \$25/couple annually.